Psychology

Chapter 1 – Introducing Psychology Study Guide

Answers

1. Define psychology. – Scientific study of behavior that is tested through scientific research; the study of behaviors and mental processes in humans and animals
2. Define physiological. – having to do with an organism’s physical processes
3. Define cognitive. – having to do with an organism’s thinking and understanding
4. What are the 4 goals of psychology? Give an example or description of each.
   1. Describe: describing the behavior being studied
   2. Explain: explain why people or animals behave as they do
   3. Predict: what a person or animal will do or think in a certain situation
   4. Influence: ways of influencing behaviors in a positive or helpful way
5. What is a psychological principle? – generally valid ideas about behavior
6. What is Basic Science? Applied Science? What is the difference between the 2?
   1. Basic Science: the pursuit of knowledge about natural phenomena for its own sake
   2. Applied Science: discovering ways to use scientific findings to accomplish practical goals
   3. One is research and one is applying that research to accomplish some goal
7. What is the Scientific Method? List the steps, in order, and give a brief description. – a general approach to gathering information and answering questions so that errors and biases are minimized
   1. Question
   2. Hypothesis
   3. Experiment
   4. Results
   5. Conclusions
   6. Theory
8. Who is credited with establishing the first psychology lab? – Wilhelm Wundt
9. According to Wilhelm Wundt, psychology is composed of 2 elements \_\_\_\_\_\_ and feelings. - sensations
10. What was the name of Wundt’s procedure that led to the use of the Scientific Method? - Introspection
11. In the 5th and 6th centuries, Greeks decided what about human behavior? – people’s behaviors were made up by their minds, people were rational and not driven by gods
12. The individuals of what era were beginning to refine the modern concept of experimentation through observation. What does the name for the era mean? (Ask Stoddard) – The Renaissance, it means rebirth or revival
13. Why were the Dark Ages named the way they were? – learning came almost to a halt
14. What is dualism? – the idea that mind and body are separate and distinct from each other
15. Who disagreed with the idea of dualism? How did he approach human behavior? – Rene Descartes, he said the mind controlled the body’s movements, sensations, and perceptions; mind and body influence each other to create experiences
16. Define Structuralism? Name one person that was a Structuralist. – branch of psychology that deals with basic elements that make up conscious mental experiences; Wilhelm Wundt
17. Who is often referred to as the “father of psychology” in the United States? – William James
18. What do Functionalists study? – studies the function of consciousness, how animals and people adapt to their environment
19. Define Gestalt Psychology. – perception is more than the sum of its parts, it is the whole pattern
20. Describe psychoanalytic psychology. Who is most famously associated with this type of psychology? – how unconscious motives and conflicts determine behavior, feelings, and thoughts; Sigmund Freud
21. Explain Free Association and Dream Analysis.
    1. Free Association – patient says everything that comes to mind, no matter how absurd, do not censor or edit thoughts
    2. Dream Analysis – basically an extension of Free Association with dreams
22. Define behaviorism. What famous Russian psychologist is associated with Behaviorism? – how organisms learn or modify behavior based on responses to events in their environment; Ivan Pavlov
23. John B. Watson and B.F. Skinner are both considered to be what type of psychologists? - Behaviorists
24. Define Humanistic Psychology. What 3 famous psychologists are associated with humanism? – believes that each person has freedom in directing their future and achieving personal growth
25. What is Cognitive Psychology? Who has contributed to this field of study? – studies how we process, store, retrieve, and use information and how thought processes influence our behavior; Jean Piaget
26. What do psychobiologists study? What are some of the tools used by psycholobiologists? – study how brain, CNS, hormones, and genetics influence our behavior; PET scans, CT scans, MRI
27. Explain sociocultural psychology. – ethnicity, gender, culture, and SES influence our behavior
28. What are the differences and similarities of psychologists and psychiatrists? – psychiatry is a specialty field of medicine, can prescribe meds and operate on people
29. The majority of psychologists study everyday \_\_\_\_\_\_\_\_\_\_\_\_\_ and feelings. - behaviors
30. Do you have any questions for me?

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| Type of psychologists | Definition | Organization | What do they study? |
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